

STAY FIT!

JULY 2015

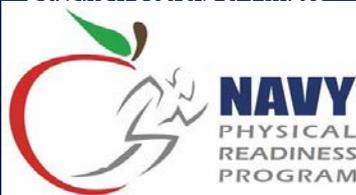
NUTRITION TIPS:

Is Carb Loading for you? It depends. If you are about to embark on a high intensity activity lasting longer than 90 minutes, then carb loading may be of benefit to you. Otherwise, it will only increase your weight and slow you down on events that last shorter than 90 minutes. Click [here](#) to learn more about carb loading!

Fitness Tips:

What is Hyper-hydration? Hyper-hydration is the act of hydrating your body above its normal state before exercise. Research has demonstrated that beginning your run hyper-hydrated will delay or eliminate the onset of dehydration, particularly if you fail to completely replace sweat loss during your run. Hyper-hydration is difficult because excess fluid intake before exercise will usually be quickly excreted through the urine.

BUILDING A CULTURE OF FITNESS



[Email us your motivating PT photos to be highlighted in our next Stay Fit Newsletter!](#)

Two participants from NSA Mid South, show off their medals after running the Navy's 10 Nautical Miler held in Millington, TN.

Workout of the Month: "Alvarez"

Go to [Sample Workouts](#) on our website for more information

BEGINNING RUNNING PROGRAM

Warm up (5 minutes)

Week 1

(Run 1 min, Walk 2 mins 3 days a week) (2 days a week 30 min easy walk)

Week 2

(Run 2-4 mins, Walk 1 min 3 days a week), (2 days a week 30 min easy walk)

Week 3

(Run 5-6 mins, Walk 1 min 3 days a week), (2 days a week walk 30 min easy walk)

Week 4

(Run 8-11 mins, Walk 1 min 3 days a week), (2 days a week 30 min easy walk)

Week 5

(Run 12-15 mins, Walk 1 min 3 days a week), (2 days a week 30 min easy walk)

Week 6

(Run 16-19 mins, Walk 1 min 3 days a week), (2 days a week 30 min easy walk)

Week 7

(Run 20-26 mins, Walk 1 min 5 days a week), (1 day a week 30 min easy walk)

Week 8

(Run 27-30 mins, Walk 1 min 5 days a week), (1 day a week 30 min easy walk)

Cool down (5 minutes)

ABOUT THE [WORKOUT](#) Cmdr. Alvarez's plane was shot down in the immediate aftermath of the Gulf of Tonkin Incident in Vietnam. He is known for enduring one of the longest periods as a POW. Alvarez was in captivity for eight years and seven months and was repeatedly beaten. For almost a year he was the only aviator POW.